



13th October
2023

Park Community Academy

Successful Learners, Resilient Individuals, Responsible Citizens



Twitter: @PCABlackpool @PCAPrimary @PCASecondary @PCAOracle,

Website: www.park.blackpool.sch.uk

Autumn
Newsletter 6

Upcoming Events

Parents Evening
18.10.2023 at 3.30pm-6.30pm
Parent Drop In
20.10.23 10-11am
School closes for half term
20.10.2023
School opens
30.10.2023
School Closes for Christmas
21.12.23 at 2pm

Congratulations

to classes 1B, 2M, 3T, 4S
for 100% attendance this
week.

Whole school
attendance is
91.5%

Parent Drop in

Come and meet the Family Team, for a brew and a chat on Friday 20th October 10-11am. The drop in covers a range of issues including child behaviour, well-being, concerns, finances and any other questions or worries you may have.



Cost of Living Payment

You may be able to get financial help if you claim certain benefits or tax credits. If you're eligible, payments will be made automatically. The next payment will be between 31 October and 19 November 2023, with further payments in winter 2023 and spring 2024.

<https://www.gov.uk/guidance/cost-of-living-payment>



We still have a number of parents / Carers who have not signed up to the Arbor App.

The app and portal will enable you to see information regarding your child's attendance, After School Clubs, residential trips, give consents, change contact details, medical conditions, allergies, give consent to the therapy dog and photographs. All letters of communication will be sent via this app, so it is very important that you download the app and log on.

An email has been sent to you with details on how to log in.

The Parent App is available to download from the Google Play Store for Android devices and the App Store for Apple devices.

SIGN OF THE WEEK

This week's sign is 'dance'. Well done to everyone in the KS2 talent show! We had some fantastic performances and we all loved dancing along.



Harvest Time at Park



We would like donations of the following items to help support Street Life. Here are a list of items your child can bring in.



Monday 16th October- Instant noodles or instant pasta and sauce (packets)

Tuesday 17th October- Pasta and rice

Wednesday 18th October- Tins of baked beans, spaghetti and soup

Thursday 19th October- Tinned fish e.g. - tuna, tinned tomatoes, tinned vegetables

Friday 20th October- Rice pudding, custard, tinned fruit, toiletries.

Designated Safeguarding



Leads

Liz
Kelso



Martin
Mooney



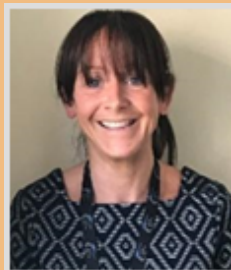
Nikki
Hilton



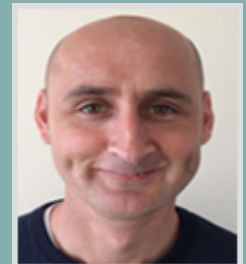
Gill
Hughes



Hayley
Gardiner



Ben
Whittaker



Kristy
Emsley



Victoria
Heaney



Michael
Shanagher



**Safeguarding children
and staff
is paramount at our school.**

If you have any concerns please pass these on to a member of staff.



Star of the Week



1C - Mason for fantastic improvement in his listening and attention skills during circle time. We are so proud of you!

1P - Roan for fantastic engagement in class.

1S - Oliver for being so focused when using the Paint program to draw.

1B - Favour for fantastic independent skills and following instructions to complete a task.

1H - Michael for his contributions in class and always trying his best.

2H - Harry for an amazing swimming lesson, moving up a group, listening really well and swimming without armbands!

2M - Aiden for fantastic singing during Music and Drama!

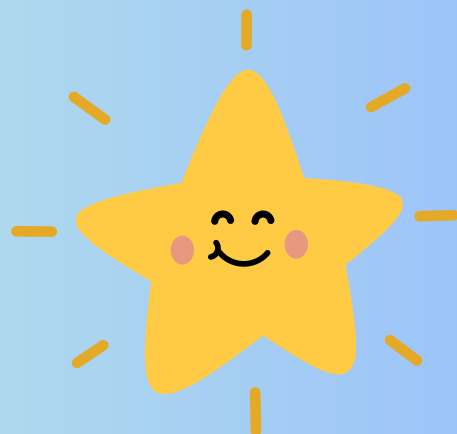
2B - Dante for always being a positive role model to his classmates.

2R - Byron for super reading.

2G - Charlotte for an amazing performance in the Talent Show, where she shone like a star with her friends.

2W - Violet for performing with such confidence.

2A - Jensen for making good choices and listening to instructions.



Achiever of the Week



3T - Ronay for trying a variety of different food this week.

3J - Riley for demonstrating bravery and resilience this week.

3K - Tia for being a kind and thoughtful friend.

3S - Lottie for having a consistently sensible attitude in school.

3H - Will for demonstrating resilience and working hard to regulate his emotions.

3R - Chloe for excellent work in English and achieving her EHCP target!

3C - Sophie for showing such kindness to a fellow pupil in her class.

3A - Demi for her fantastic independent work in Maths.

4H - Patrick for his growing confidence with communication skills and talking to members of staff and class peers.

4W - Jordan for joining in with class discussions.

4S - Mickey for supporting her classmates all week.

4M - Ronan for great listening and answering questions at college.

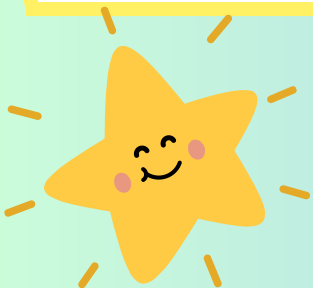
4J - Ryan for being a fantastic judge in the Key Stage 2 Talent show.

5J - Nathan for fantastic effort in his fitness sessions.

5M - Chloe for being so helpful and kind to staff and other students.

5B - Lexi for showing strong leadership skills whilst training with our therapy dog Molly.

5I- Kyle for independently using the bus following on from his travel training.



Classroom News

KS1

1S enjoyed being creative using ICT; choosing different thickness of brushes, pencils and spray paint without getting messy.

The children took care to select different colours to represent their thoughts.

"Every child is an artist" Pablo Picasso



This week 2H participated in the talent show. It was so exciting to stand on the stage and sing to all of our friends and teachers in Key Stage 2. We sang one of our daily songs called 'I love my body' and were so proud of ourselves. We all got lots of extra dojos for being so brave.

We have also welcomed a new friend this week into our class. We have all been so friendly and kind, helping Archie to settle into PCA.

KS2



Talent Show



KS3

Classroom News



In STEM this week, 3H had to balance as many marbles as they could on the rafts that they made from limited resources—they did a great job, demonstrating team work and resilience!



A huge PCA well done to the Year 11 pupils who helped to organise and deliver this years Primary's PCA's Got Talent. Roles included judging, lighting, staging and presenting. The audience certainly enjoyed the show and we can't wait for the 'Secondary PCA's Got Talent next week!'



KS4



KS5

Students from KS5 visited Blackpool + the Fylde College as part of their weekly college course. In Public Services students are learning about exercise and the positive impacts it has on our physical and mental well being.



Creamy hummus dip with pitta bread and vegetable sticks recipe

This creamy dip is fun to eat and makes a change from sandwiches.



Ingredients

- 2 heaped tablespoons tinned chickpeas
- Juice of half a lemon
- 1 tablespoon low-fat Greek style yoghurt
- 1 tablespoon olive oil
- ¼ teaspoon paprika (or to taste)
- ¼ teaspoon cumin (or to taste)
- 1 clove of garlic (peeled)
- 1 large wholemeal pitta bread, cut into strips
- 1 small carrot, cut into sticks
- 1 stick of celery, cut into sticks

Method

- Put the chickpeas, lemon juice, yoghurt, oil, spices and garlic in a bowl.
- Using a hand blender, mix together until smooth.

Information:

- Make the hummus the previous evening and store in the fridge. As well as saving time, the flavours will have time to develop.
- Serve with the pitta bread strips and carrot and celery sticks.

Information:

- Hummus makes a great after-school snack. If you're using a shop-bought hummus, choose a reduced-fat version.

What is stress?

Getting a good night's sleep

Controlling your thoughts

Controlling your actions

?

Controlling panicky feelings

Wellbeing

Controlling Your future

Controlling your body

FREE ONLINE Stress Control Course

- Six session class lasting for 90 minutes each with an additional introductory session
- Combines Cognitive Behavioural Therapy (CBT), Positive Psychology and Mindfulness
- The best evidence base of its kind; used across the world
- Not interactive - no discussion of personal problems
- Aims to teach new coping strategies and skills, these skills are all places of the jigsaw
- Associated booklets & worksheets available to download to reinforce what has been taught

30min Introduction session on 23/10/23 at 10am
 Followed by 6-week online course, 90min sessions
 Starts Monday 30/10/23 at 10am
 Continues 06/11, 13/11, 20/11, 27/11, 04/12
 A personalised link will be emailed to you, with recordings accessible for 72hours

AVAILABLE TO PEOPLE WHO LIVE, WORK AND STUDY IN BLACKPOOL, LANCASHIRE OR SOUTH CUMBRIA

To find out more or book a place: Call 01253 955700
 Email bfwh.talkingtherapies@nhs.net
 Visit www.bfwh.nhs.uk/our-services/healthier-minds

Blackpool Talking Therapies do not offer 24-hour or weekend access, crisis or urgent treatment, treatment for alcohol or drug problems, or treatment for severe and enduring mental illness. Please discuss these needs with your GP.

for anxiety and depression
Service provided by Blackpool Teaching Hospitals NHS Foundation Trust

STARS CAMP

**MONDAY TO FRIDAY
11AM - 3PM**

This school holiday camp is for disabled young people aged 7 to 18.

To find out if you are eligible please get in touch.

The camp offers a variety of activities from sports, arts and crafts, games, and more.

LCC Break Time hours can be used here. Concessions available.

**Education & Community Centre
Bloomfield Road, FY1 6JJ**

For more information:

- ✉ Email: info@bcct.co.uk
- ☎ Call 01253 348691
- 🌐 Visit: www.bcct.co.uk